

**2025 NAEH Zoom Convocation**  
**“Flowing with the River of Life - Navigating the Cycles of Change:  
 Allowing & Moving with the Current of Spirit”**

**Friday Sept 26, 2025**

<b><u>TIME</u></b> <b>(Eastern Time)</b>	<b><u>ACTIVITY / TOPIC</u></b>	<b><u>SPEAKER / LEADER</u></b>
<b>7:00- 8:30 PM</b>	<b>The Vagus Nerve: Flowing, Adapting and Connecting with Life</b>	<b>SteveKramer &amp; Martha Henry-McDonald</b>

**Saturday Sept 27, 2025**

<b><u>TIME</u></b> <b>(Eastern Time)</b>	<b><u>ACTIVITY / TOPIC</u></b>	<b><u>SPEAKER / LEADER</u></b>
<b>11:00 - 11:10</b>	<b>WELCOME</b>	<b>Stephanie Urdang</b>
<b>11:10 - 11:20</b>	<b>Poetry Reading</b>	<b>Sarah Hopkins</b>
<b>11:20 - 11:50</b>	<b>ANGEL CARD; OPENING MEDITATION</b>	<b>MaryAnne Walker</b>
<b>11:50 - 12:30</b>	<b>READING &amp; NAVIGATING THE RIVER</b>	<b>Joe C</b>
<b>12:30 - 12:45</b>	<b>LOVING KINDNESS &amp; PRACTICAL</b>	<b>Joe C</b>
<b>12:45 - 1:00</b>	<b>BREAK</b>	<b>Music Interlude</b>
<b>1:00 - 2:00</b>	<b>PERMANENT ATOMS &amp; THEIR SHEATHS PRESENTATION + PRACTICAL</b>	<b>Denise Dieg</b>
<b>2:00 - 2:45</b>	<b>Q &amp; A PANEL Navigating the Cycles of Change</b>	<b>Chuck (moderator); Joe Cordes; Steve Krammer; Martha; Denise Dieg; Jo Simpson</b>
<b>2:45 - 2:55</b>	<b>Closing Remarks</b>	<b>Stephanie Urdang</b>
<b>2:55 - 3:00</b>	<b>Closing Meditation</b>	<b>Constance McCloy</b>